

# Arctic Sentry

"To Fight and Support the Fight - Any Time, Any Place"

## Icemen contribute to OEF mission

by Staff Sgt. Jennifer Redente  
455th Air Expeditionary Wing Public Affairs

Members of 355th Expeditionary Fighter Squadron and 455th Expeditionary Aircraft Maintenance Squadron at Bagram Air Base, Afghanistan are conducting and supporting close air support missions for the U.S. and coalition ground forces throughout Afghanistan.

Eielson deployed more than 240 Airmen beginning Jan. 13 to support more than a dozen A-10 Thunderbolt IIs in Bagram.

The maintainers generate A-10s around the clock in order to meet the 24-hour operational requirements. Once airborne, the pilots provide support to the ground forces through visual lookout, communications and firepower, said Lt. Col. Quentin Rideout, 355th EFS commander.

"Visual lookout is providing the ground forces with a 'bird's eye view' of the battlefield," said Colonel Rideout. "Communication is the ability to give those forces 'realtime' information on what you see, and

firepower is the ability to engage and destroy enemy forces when necessary," said Colonel Rideout.

"There is a real need for close air support in Afghanistan," he said. "Operations are conducted in very austere terrain, which means most 'freights' occur when opposing forces are within one kilometer of our troops on the ground. That being said, this is where the A-10 belongs... it's what we live for."

"Though we are not here to train, the very nature of the operation provides literally the best CAS training in the world," he said.

"We are honored to be here and fired-up over the opportunity to serve in this capacity," the 355th EFS commander said.

With a little more than a month on the ground, 455th EAMXS Airmen are maintaining the aircraft that are flying an average of 350 flying hours per week, said Capt. Margaret Donnelly, 455th EAMXS Aircraft Maintenance Unit officer in charge.

Colonel Rideout expects the squadron to fly more than 6,000 flying hours while here serving in Operation Enduring Freedom.



Staff Sgt. Jennifer Redente

While processing 30 mm high explosive incendiary ammunition, Senior Airman Andrew Brown, pictured right, replaces ties on a link tube carrier as Airman 1st Class Jose Herrera hands ties to Airman 1st Class Keith Burns. The deployed Icemen are munitions systems journeyman assigned to the 455th Expeditionary Maintenance Squadron at Bagram Air Base, Afghanistan.



Staff Sgt. Rachel Goff

### Commander gets his star

Brig. Gen. Dave Scott, 354th Fighter Wing commander, gets his first star pinned on by his wife, Lisa Scott, and by Lt. Gen.

Douglas Fraser, 11th Air Force commander, during General Scott's promotion ceremony Wednesday at the Aurora Club.

## Major selectees announced

Air Force officials selected 2,134 captains for promotion to major in the 2005 line of the Air Force, chaplain, judge advocate general and biomedical sciences corps boards. The 14 Icemen selected for promotion to major are:

Milton Addison, 354th CES  
Marshall Chalverus, 18th FS  
Matt Coakley, 354th FW/JA  
Michael Clark, 353rd CTS  
Jennifer Clay, 354th FW/JA  
John Dyer, 355th FS  
Michael Holmes, 354th MDOS  
Eric Hosafros, 355th FS  
Max Johnson, 354th FW  
James Kodat, 354th LRS  
John Korsedal IV, 355th FS  
Nicholas Milazzo, 354th MDSS  
Christopher Taylor, 355th FS  
Randall Weitzel, 354th OG

## Astronaut, mentor visits Eielson



Retired Marine Maj. Gen. Charles Bolden

by Airman 1st Class Justin Weaver  
354th Fighter Wing Public Affairs

Former astronaut and retired Marine Maj. Gen. Charles Bolden recently visited Eielson as the guest speaker of a dinner celebrating African-American History month.

Motivated as a child by different navy themed television programs, such as Men of Annapolis, Navy Log and the West Point Story, General Bolden had the support of his parents when he told them he wanted to join the Naval Academy.

"It was not a time for black kids growing up in Columbia, S.C. to have those thoughts," General Bolden said. "But I never gave up the thought of flying."

His father, the late Charles Bolden, who taught and coached football at his son's high school, often told his son that he would overcome the problems of prejudice. And he did. In 1964, General Bolden was one of the few blacks to enter the U.S. Naval Academy.

"The biggest struggles I had were mental and psychological," General Bolden said. "I was one of only seven blacks in our class of 1,200. In our second year at the academy, there were only four of us left and we formed a tight-knit bond that helped get us through the last three years at the academy."

Two days after graduating from the Naval Academy in June of 1968 General Bolden married his wife, Jackie, in the chapel at Annapolis.

See **Bolden** Page 2

## Hometown news releases available

by Airman 1st Class Justin Weaver  
354th Fighter Wing Public Affairs

Icemen looking to showcase their accomplishments in their hometown newspapers can now fill out a online form to submit to the Hometown News Release Office.

Hometown News, which has been in existence for almost 50 years, is a field operating agency supporting the Secretaries of the Army and Air Force Offices of Public Affairs.

The small staff of Army and Air Force military and civilian personnel produce a variety of print and electronic news highlighting the accomplishments and activities of individual soldiers and airmen all over the world.

"Airmen can fill out their DD Form 2266 on-line, saving time and paperwork and expediting the news release process," said Gerry Proctor, Hometown News marketing branch chief. "It's easier to put the spotlight on your troops."

In an effort to make the Hometown News Release program even easier and more convenient for Army and Air Force personnel, Hometown News has developed a new automated form that Icemen can fill out via the Internet.

The Hometown News Release Form can be accessed online at <https://intranet.eielson.af.mil/PA/hometown.htm>. Once the form is filled out, it is then electronically sent to the 354th Fighter Wing Public Affairs Office who reviews and forwards it to the Hometown News Service Office.

"The form was extremely easy and convenient to fill out and it only took about five minutes to complete," said Tech. Sgt. Marty Knapp, 354th Fighter Wing Legal Office. "This is a great way to keep my family and friends back home informed about my career and accomplishments. You can even include a photo to be sent with your release."

The service then uses the form to produce a news release and market it to newspapers in locations where Airmen have family ties.

Last year, the program mailed out more than 600,000 releases to hometown newspapers.

### ICEMEN DEPLOYED



Iraqi Freedom: 84  
Enduring Freedom: 442  
Other: 44  
Total = 570  
As of Feb. 23

### Today

High 16, Low -10  
Partly Cloudy

Sunrise: 7:49 a.m.  
Sunset: 6:13 p.m.  
Daylight: 10 hrs. 24 mins.



### WEEKEND WEATHER

### Saturday

High 20, Low -5  
Mostly Cloudy

Sunrise: 7:45 a.m.  
Sunset: 6:16 p.m.  
Daylight: 10 hrs. 31 mins.



### Sunday

High 20, Low -5  
Mostly Cloudy

Sunrise: 7:42 a.m.  
Sunset: 6:19 p.m.  
Daylight: 10 hrs. 37 mins





**Bolden from Page 1**

"My wife and I agreed that as long as we had fun doing our jobs, we would stick with it," he said. "Thirty-four years of service and we're still having fun."

At the African-American History Month Celebration Dinner Feb. 23 General Bolden spoke about being a mentor to our young Airmen and children.

"It's our obligation - it's our heritage - to help our young Airmen and our children understand that they are good, and that they're valuable," he said. "We need to dare them to achieve. We have an obligation with whom we work with to help them understand that heritage, to help them understand the obligation to dare to achieve."

Taking risks is important, General Bolden said, and failure is an inevitable byproduct of a daring spirit.

"And that's not bad," he added. "Sometimes they need to fail, because it will help them grow."

As an example, he said he applied for test pilot school six or seven times before being accepted.

"Going to space and flying airplanes was not in the cards, not for me," is what he thought as an African-American youth. "I knew astronauts, and they were all Anglo-Saxons, about 5-foot-10, and they were all military test pilots at that time. So that was not in the

cards for me. I didn't fool myself - there was no way in the world I was going to do that."

But persistence paid off for General Bolden when he accepted a commission as a second lieutenant in the Marine Corps and became a naval aviator in May 1970, flying more than 100 sorties into North and South Vietnam, Laos, and Cambodia.

In 1980, General Bolden joined the space shuttle program. He was pilot of the shuttle Columbia mission on January 12, 1986, the last successful mission before the shuttle Challenger explosion. When he first entered the space shuttle program, he said he felt frustrated.

In 1990, he piloted the space shuttle Discovery and helped deploy the Hubble Space Telescope. On his final mission, in 1994, Bolden commanded the Discovery flight that was the first joint U.S.-Russia space mission.

Those are heady accomplishments for an African-American youth who feared his skin color would keep him from realizing his dreams.

"We must find ways to free up the time of our Airmen so they can expand their horizons," General Bolden said. "Many of them will become our nation's and our world's leaders. So it's important that we allow them to be educated in the best way possible."

# Care, hours at clinic explained

Compiled from staff reports  
354th Medical Group

The 354th Medical Group provides outpatient primary healthcare under the TRICARE program for all eligible beneficiaries living in the Eielson area.

However, many times people are still unsure about the basic services offered at the clinic.

"We have instances of people confused when trying to access medical care at Eielson's clinic," explained Lt Col Cori Culver, the 354th Medical Operations Squadron Commander. "Often they are already sick when they need assistance and at that point, it can be frustrating for patients to try to figure it out," she said.

Colonel Culver said by providing answers to the basic questions concerning the clinic, she hopes to clarify the services offered and ease access to the medical system so patients may obtain the care they need.

**Frequently asked question are:**  
**What are the 354th Medical Group hours?** Monday through Friday from 7:30 a.m. to 4:30 p.m. with the exception of the pharmacy which is open until 5 p.m. The medical group is closed for readiness training in the afternoon of the 4th Wednesday each month, on wing down days, PACAF family days, and federal holidays.

**Does the 354th Medical Group have an Emergency Room?** No. Do not report to the medical group for a life-threatening injury/illness, such as chest pain or severe bleeding. Activate the Emergency Medical System by dialing 911.

**When should I call for an acute (same day) appointment?**

The medical group encourages beneficiaries to use the "Take Care of Yourself" books or TRICARE website to assist with determining the appropriate home care. If

someone needs a copy, they are available at the clinic's health resource center located in the main lobby. If an individual is unsure whether or not they need to be seen, they can contact their primary care manager at 377-1847.

**How soon can I expect to get an appointment?** The medical group does its best to book appointments as soon as possible and meet all of the TRICARE access standards. Acute appointments should be booked within 24-hours. Routine appointments are scheduled within seven days. This type of appointment is for a problem that has been on-going (i.e., joint pain not from recent injury, heart burn, mole evaluation). Well Appointments are scheduled within 28-days. Well-baby visits, annual women's health exams and sports physicals are some examples. Follow-up appointments should be scheduled within 28-days and include any conditions a patient may have been seen for in the past (i.e., high blood pressure, asthma).

**What services are provided on the weekend?** The medical group operates a Saturday clinic from 8 a.m. to noon for acute care needs. To obtain an appointment, dial 377-1847.

**What if I have questions for my provider after hours?** The medical group has a primary care manager on-call at all times. Individuals can contact the on-call provider after duty hours and on the weekends by dialing 377-1847. The provider on-call will contact them and give home care advice and answer any questions they may have.

**How do I make an appointment?** One phone number, 377-1847, allows access to make every type of appointment (i.e., dental, optometry, flight medicine, and primary care). Additionally, it accesses the primary care/flight medicine support offices to speak to a nurse or technician or leave a

voice message.

**How do I get my medication refilled?** If a patient has refills left on a prescription medication, they can call 377-3784 (DRUG) for their refill. It will be ready within two hours after it is called in. Give the patient's full name, social security number and prescription number located on the right-hand top corner of the medication label. If they don't have the prescription number, please give the name of the medication and leave a contact phone number in case there are any questions. If an individual calls their primary care manager for a prescription renewal, it will be ready for pick-up 24 hours after it is called in.

**What Life Skills support is available at the 354th Medical Group?** The medical group has a psychologist/social worker on call to provide emergency assistance. Contact the 354th Fighter Wing Command Post at 377-1500 to be connected to the on-call Life Skills provider. If a patient needs to be seen after hours, they will be referred/transferred to Bassett Army Community Hospital for evaluation and treatment. The Life Skills Support Center serves active duty members and adult family members by individual appointment and in group sessions. The medical group is not staffed to provide life skills care for children. Patients can walk into Life Skills from 8 a.m. to 3:30 p.m. hours for an appointment.

**What dental care is offered at the 354th Medical Group at Eielson?** The medical group is only authorized and staffed to care for active duty members. Appointments can be made by calling 377-1846 or 1847. There is dental sick call every day. For non-active duty patients, the dental clinic will alleviate pain/symptoms on an emergency basis only.

**What if I have additional questions?** Icemen can call us at 377-1847.



## Stellar JROTC troops

Twenty six cadets from Ben Eielson High School's Air Force Junior Reserve Officer Training Corp earned third place recently in the Armed Exhibition Drill Team Category at the Alaska Jr. ROTC Drill Competition held at Service High School in Anchorage. The team competed against 12 other JROTC units from throughout the state. So far this year, the cadets brought home a total of 10 trophies from four drill competitions including the coveted Marine Corps League Drill and Ceremony Award for top drill team in the Interior. This is the second consecutive year Ben Eielson cadets have earned this award and the third time in four years they claimed this honor.

# New TRICARE dental program starts up

TRICARE Management Activity began its new TRICARE Dental Program contract with United Concordia Companies Inc. Feb. 1.

United Concordia will continue to furnish worldwide, comprehensive dental coverage to include preventive, diagnostic, restorative and maintenance services to all eligible Uniformed Services active duty family members and to National Guard and Reserve members and/or their eligible family members.

Under the new contract, TRICARE has added benefits to the dental program, including dental implants and related prosthetics, and extended restorative services to teeth affected by attrition, erosion, abrasion, and congenital or developmental defects.

The TDP will continue to offer a comprehensive dental benefit package that includes dental X-rays, periodic examinations, cleanings, fluoride treatment, fillings, root canals, dental crowns and bridges, and orthodontics.

The TDP is an affordable and portable program that makes it easy to maintain good dental health. Eligible beneficiaries may enroll in single member plans or family plans. Beginning Feb. 1, 2006 through Jan. 31, 2007, the monthly single member enrollment premium for most eligible beneficiaries is \$10.51 with the family premium as low as \$26.27 per month. Specific information on enrollment,

premium costs, and benefits can be found at [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com).

The TDP program encourages diagnostic and preventive care for children ages one to four. Sponsors are encouraged to enroll their children at age one to ensure a good foundation for dental health and may help reduce costs later for unnecessary dental procedures.

Cost shares will continue to be reduced for active duty service members in pay grades E-1 to E-4 for some dental services under the new contract. The reduction in cost-shares is provided to encourage these families to seek appropriate dental care and improve their dental health.

All current TDP-enrolled members will receive a new personalized TDP Identification Card and benefit booklet prior to the new contract taking effect. TDP enrollees and providers will be sent regular updates on benefits and coverage. New enrollees will be sent a personalized TDP Identification Card and benefit booklet.

For more information to include enrollment, beneficiaries can may access the TDP online at [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com), or by calling toll-free 1-800-866-8499, 24 hours a day. Beneficiaries may also access the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).



## — Law and Order —



**Article 15 Actions:** *Eielson commanders administered seven Article 15 actions. The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record. A "suspended" punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless otherwise noted.*

An airman first class from the 354 SFS received Article 15 punishment for sleeping on duty in violation of Article 92, UCMJ. The commander imposed the following punishment: Suspended reduction to airman basic and 10 days extra duty.

A senior airman from the 354 AMXS received Article 15 punishment for dereliction of duty, in that Airman failed to document maintenance, in violation of Article 92, UCMJ. The commander imposed the following punishment: Reduction to airman 1st class and a suspended reduction to airman with a reprimand.

A senior airman from the 354 MXS received Article 15 punishment for failure to go, in violation of Article 86, UCMJ; disrespect of a superior, in violation of article 91, UCMJ and for dereliction of duty, in that he failed to properly secure and transport his privately owned fire arm, violation of Article 92, UCMJ. The commander imposed the following punishment: Suspended reduction to airman first class, suspended forfeitures of \$250 pay per month for two months and a reprimand. This airman has been subsequently discharged.

An airman first class from the 354 AMXS received Article 15 punishment for disobeying an NCO's order not to discuss an investigation with unauthorized persons, in violation of Article 91, UCMJ. The commander imposed the following punishment: Suspended reduction to airman and suspended forfeitures of \$250 pay per month for two months.

An airman first class from the 354 MXS received Article 15 punishment for underage drinking in violation Article 92, UCMJ; assault in violation of Article 128, UCMJ; and communicating a threat in violation of Article 134, UCMJ. The commander imposed the following punishment: Suspended reduction to airman, forfeiture of \$333 pay, seven days restriction to base and a reprimand. This airman has subsequently been discharged.

A senior airman from the 354 AMXS received Article 15 punishment for disrespect to a NCO, in violation of Article 91, UCMJ; two counts of assault and battery, (one assault was on a law enforcement official), in violation of Article 128, UCMJ; and disorderly conduct on station, in violation of Article 138, UCMJ. The commander imposed the following punishment: Reduction to airman, suspended forfeitures of \$713 pay per month for two months, 45 days extra duty and a reprimand.

A senior airman from the 354 MXS received Article 15 punishment for disobeying and drunkenness/incapacitation for the performance of duties, in violation of Article 134, UCMJ. The commander imposed the following punishment: Suspended reduction to airman first class, forfeitures of \$250.00 pay and 15 days extra duty.

Below, Iceman Staff Sgt. Thaddeus Werner, 386th Expeditionary Security Forces Squadron Information Manager, stands outside of the security forces headquarters building at Ali Al Salim, Air Base, Kuwait. Sergeant Werner was recently selected as "Rock Solid Warrior of the Week."



Above, Iceman Airman 1st Class Sterling Dickson, 386th Expeditionary Civil Engineer Squadron Heating, Ventilation and Air Conditioning shop, helps take down a TEMPER tent at Ali Al Salim, Air Base, Kuwait. More than 90 people from ECES helped take down 17 tents.

## DWI CLOCK

Maintained by the 354th Fighter Wing

Iceman Team goal is 60 days without a DWI.

Days without a DWI:

20

Days until goal:

40

Need a free ride home?

377-RIDE

Airmen Against Drunk Driving volunteers gave 17 rides last weekend and have 'saved' 4,639 lives to date.

Icemen should remember the following three prong approach:

HAVE A PLAN;

STICK TO THE PLAN, if the plan fails USE YOUR SAFETY NET.

Klondike Cab, at 457-RIDE (7433) offers Icemen discounted rides back to base. AADD, at 377-RIDE offers free rides 10 p.m. to 4 a.m. Friday and Saturday nights.

## Arctic Sentry

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## Best Metro Format Newspaper in PACAF 2003 & 2004

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Chief, Public Affairs

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Airman 1st Class  
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Editor



— COMMANDER’S —  
CORNER

Commander’s  
Hotline  
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Col. Dave Scott 354th Fighter Wing commander	
AAFES	372-2139
CE customer service	377-2100
Chaplain	377-2130
Dining facility	377-2536
Family support center	377-2178
Finance	377-1851
Fraud, waste & abuse	377-2109
Housing management	377-2244
Inspector general	377-2109
Military personnel flight	377-2276
Legal	377-4114
Public affairs	377-2116
Services	377-2857
TRICARE	377-5235

Newspaper  
deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to [editor@eielson.af.mil](mailto:editor@eielson.af.mil).

# Core values help overcome challenges

I continue to be honored to serve with you as Secretary of this great Air Force. Whether on the ground, in air or space, or on the new frontier of cyberspace – and whether you wear uniforms or civilian clothes – you respond to daily challenges that embody our core values of Integrity First, Service Before Self and Excellence in All We Do.

These core values should reflect the values we share from the moment we take our oath to support and defend the constitution. We must continue to reflect on these values, linked to that oath. Sharing my thoughts in this note is part of that ongoing process.

Integrity First reminds us we must “walk the talk” – our words and actions must be integrated in our lives. It reminds us of Thomas Jefferson’s concept of moral muscles – that we build and strengthen our character through the daily exercise of words, actions and decisions. Integrity first means not only physical courage, but moral courage as well, so that we

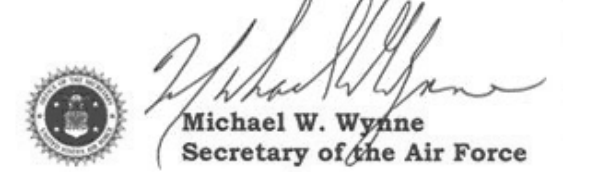
sometimes stand up by speaking up. It means being loyal to our friends, to each other – by being loyal to our oath, our Air Force, and our Nation.

Service Before Self is not the same as “service,” a value also claimed by some civilian institutions and corporations. Our Service requires sacrifice and commitment to our Nation. We understand we make decisions in an environment where freedoms are on the line, and lives are at stake. Service Before Self begins with duty, but it means more. It means that, in our Air Force, as we fly and fight in war and peace, going above-and-beyond-the-call-of-duty is not the exception – it is the rule.

Excellence in All We Do reminds us, at the most basic level, of the old “Hometown Newspaper Test” – imagining our parents reading about our actions, and wanting them to be proud. But it also includes the military concept of honor – knowing our actions reflect on all Airmen – and on the Air Force itself.

It reminds us that we stand on the shoulders of giants: heroes like Billy Mitchell, and Doolittle, Spaatz, and Rickenbacker; heroes who faced and beat incredible odds. We have inherited a history of excellence, courage and greatness. We must live up to that heritage, become part of it, and pass it on.

All Airmen are men and women of character. Our enduring Air Force Core Values provide a touchstone as we rise to meet current and future challenges, threats, and opportunities. As America’s Airmen, it is imperative that we maintain the moral high ground – our nation depends on it. I thank all of you for your contributions and sacrifices. I salute you!



# Prepare yourselves for stormy weather

by Chief Master Sgt. Richard Catahay  
354th Medical Group superintendent

It was our first, chilly February in Alaska and my wife had just received a phone call at 1:30 a.m. from my daughter who had been cheerleading at a high school basketball game in Glenallen. Our daughter said she wasn’t feeling well and was having the symptoms of food poisoning.

My wife, whose very strong motherly instinct kicked in, felt she needed to be with her daughter since she wasn’t feeling well and was convinced the four-hour drive to Glenallen would be a breeze.

I wasn’t sure what the driving conditions would be, but I heard it could be treacherous – especially through the mountains. In our minds, we thought the road would be like any other highway we were used to in the lower 48 with a few rest stops along the way. That wasn’t the case.

The first part of our drive through Delta Junction was beautiful and the skies were alive with the Aurora Borealis, but all that changed as we approached the mountain ranges. First came the flurries, which quickly changed into a blanket of white snow covering everything in its path. All we could see were road reflectors lining the sides of the highway.

Thankfully, after seven hours of white knuckle driving, we finally reached Glenallen as the sun was rising on the horizon. We quickly packed up our daughter and headed back to Eielson while it was still light out. On our way back, we were stopped half way through the mountains on a risky, winding road. A quarter of a mile up the road an avalanche had dumped a pile of snow on the

road about two stories high.

I gave thanks to God and counted our blessings thinking we could have been buried under that heavy snow if we had left earlier that morning. It took an hour for the snow plow to get there and almost two hours to clear a small lane for vehicles to pass. The rest of the way home was windy and drifty, however it was still light out and we could see where we were going. Thank goodness we made it back to Eielson.

As you can tell, every situation is never the same. Many times we take things for granted and expect every scenario to be similar, without extreme twists, as we did on our trip to Glenallen. This is where preparation and a little more knowledge of the environment would have delayed or prevented the trip for safety’s sake.

Was I ready for this trip? I don’t think so and because of that, my family and I are lucky to be alive. We could have driven off the road, ran out of gas or, in the worst case scenario, froze to death.

Every once in a while we are reminded by a personal experience such as this to always prepare and be ready. However, I wouldn’t want to go through an experience like this again to learn my lesson. I prefer guidance from available resources. Put a war readiness scenario to my story and you will see that it could be disastrous.

“The Enlisted Force Structure,” AFI 36-2618, also takes readiness as a common theme at every enlisted level.

We must make every effort to maintain the highest level of personal readiness by being technically, physically and mentally ready. Senior NCOs are responsible for leading and taking care of our folks; making



“The bottom line is we must do the right things to take good care of ourselves and our troops by setting a good example.”

Chief Master Sgt. Richard Catahay  
354th Medical Group superintendent

sure they’re on the right track to be ready - It’s our job.

As Airmen, any one of us can be called upon at any given time to “Fight or Support the Fight.” We receive daily reminders that we are still a nation at war. We must ensure our Airmen are technically competent through formal and informal training. We must guide them to be physically fit through physical training and preventive health.

As individuals and leaders at all levels, we must ensure we do our best to meet all requirements to maintain individual medical readiness. Delaying immunizations or medical or dental assessments provide an existing medical threat to manifest itself like the flu, and worsen any unknown and unwanted medical or dental condition. I would prefer to release people from work for a couple of hours to meet the IMR requirements rather than have them miss a few days of work, when their sickness may have been prevented by timely intervention.

Senior NCOs are also responsible to lead our folks to strive for mental readiness

by being proactive with their quality-of-life situations and directing them to agencies which provide ways to help them get mentally ready.

The bottom line is we must do the right things to take good care of ourselves and our troops by setting a good example. Tasks such as weekly safety briefings, training and the constant flow of new people are seen as mundane by some, but critical to accomplishing the mission. Only with constant vigilance can we ensure that those we supervise are ready for any task. This is our culture.

“The Enlisted Force Structure,” is specific enough to provide this guidance and I believe it is written this way because of past lessons learned from other Airmen. Such is the same with other guidance or briefings from the experts. I can guarantee you that I listen and pay attention to guidance and briefings from the experts much more intensely than before.

So prepare for those windy, ice-covered snowy roads. Your family and troops depend on it!



ACCESS EIELSON

***Editor's Note:** Access Eielson is the central source for all base helping agencies. All activities take place at the family support center unless otherwise noted. For a list of other classes and programs call 377-2178 or go to [www.eielson.af.mil](http://www.eielson.af.mil).*

Classes

**How to Apply For a Federal Job**, 9-10:30 a.m. Wednesday.  
**Pre-Separation Briefing - DD Form 2648**, 2-3 p.m. Thursday.

On-Going Programs

**Deployment Briefings** - Every Tuesday and Thursday, single Airmen at 9 a.m. and 3 p.m. and married Airmen at 9:30 a.m. and 3:30 p.m. Spouses are encouraged to attend.  
**Ready, Set, Grow Playgroup**, 10–11:30 a.m. every Tuesday at the community center.  
Smooth Move, 9–11:30 a.m. every Wednesday.  
**Polar Stroller Rollers**, 11 a.m. to 1 p.m. every Wednesday at the youth center gym.

SERVICES PROGRAMS

***Editor's Note:** For a list of other classes and programs, call 377-3268 or surf to [www.eielsonservices.com](http://www.eielsonservices.com). Please RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equipment. Call 377-1232.*

Programs

**Texas Hold ‘em tournaments:** 6-8 p.m. Tuesdays at the Yukon Club. Call 377-1075.  
**Deployed bowling for family members:** 5-7 p.m. Fridays at Arctic Nite Lanes. Call 377-1129.  
**Trap shoot:** 5-9 p.m. Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.  
**FitFactor weekly events:** 2:30 p.m. Fridays at the youth center.  
**Thrifty Tuesdays:** 5-8 p.m. \$1 specials on bowling and food at Arctic Nite Lanes.  
**Skeet league:** Log 50 targets per week. Any adult, active-duty member, family member, civilian or retiree may join the league. Call 377-5338.  
**Chess club:** 5:30 p.m. Thursdays at the community center. Call 377-2642.  
**Spades tournament:** 8 p.m. Fridays at the Yukon Club.  
**Bowling instruction:** Available at Arctic Nite Lanes. Call 377-1129.



Today

❖ Kids Night Out is 6:30-11 p.m. at the youth center. Elementary school students ages 12 and younger may participate. Membership is required. Friday and Saturday evening teen programs are conducted in the Teen Break. Call 377-3194.

Saturday

❖ The Air Force Chess Tournament takes place 10 a.m. at the Community Center. Registration begins at 9 a.m. There are separate adult and youth categories. All community members including active duty, DOD retirees, family members and civilian employees are welcome to participate. Call 377-2642.

❖ A basic wood skills class is noon to 3 p.m. at the wood hobby shop. The \$15 fee includes training on the equipment and materials to build a small shelf. For more information call 377-1168.

Sunday

❖ Downhill ski lessons are available at 2 p.m. and 4 p.m. by appointment only at Iceman Falls. Cost is \$15 per person. Call outdoor recreation. Call 377-1328.

❖ Sunday brunch is open 9 a.m. to 1 p.m. at the Yukon Club. Club members receive a discount.

Tuesday

❖ Steak night takes place 5-8 p.m. Tuesdays at Yukon Jake's.

Wednesday

❖ A beginners trap lesson is slated for 5 p.m. at Iceman Falls. *Sign up is not required.* The \$25 fee includes a round of trap, gun, ammunition and instruction. Civilian and family members are welcome. Call 377-1328.

Thursday

❖ A Snow Machine and ATV Trip is 5-7 p.m. with outdoor recreation. Sign up in advance at Iceman Falls lodge. Call 377-1328.

March 10

❖ A flight-seeing special is available with the aero club. First person, regular rate; second person half-price, third person is Free. For more information, call 377-1223.

COMMUNITY BRIEFS

JROTC Mentor Meeting

Junior Reserve Officer Training Corp mentors are needed for the upcoming combined Army and Air Force JROTC Summer Leadership Camp June 1-10. A mentor meeting will be held 4 p.m. Wednesday in the Auditorium at Ben Eielson High School. For more information, contact Master Sgt. Greg Corbett or Lt. Col. Paul Brodale at 372-3110 ext. 4149 or 5121.

Spouse tuition deadline

The Spouse Tuition Assistance Program deadline for Embry Riddle Aeronautical University Spring Semester is March 10. For more information, call the education office at 377-5106.

Scholarships available

The Eielson Officers' Spouses Club offers a limited number of competitive academic scholarships to high school seniors who are dependents of active duty or retired military members and spouses of active duty service members. Contact your school counselor or the base education center for an application. Applications must be postmarked by April 3 and turned in no later than April 7. Call 372-1295.

Tobacco Cessation Class

A three-session Tobacco Cessation Class is March 7, March 14 and March 21 from 11 a.m. to noon. For more information, or to register, call the Health and Wellness Center at 377-6662.



*All movies show at 7 p.m. at the base theater unless otherwise noted.*

Tonight: GLORY ROAD

(Josh Lucas, Derek Luke)  
The inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting lineup of players, who took the country by storm, surprisingly winning the 1966 NCAA tournament title. Josh Lucas stars as Hall of Famer Don Haskins, the passionately dedicated college basketball coach that changed the history of basketball with his team's victory. Rated PG (racial issues with violence/epithets, language) 106 min.

Saturday: TRISTAN & ISOLDE

(James Franco, Sophia Myles)  
In the medieval legend of Tristan and Isolde, young lovers become doomed against the forces of royal politics. English knight Tristan wins the hand of the daughter of the Irish King, but the love threatens the truce between their two countries. Rated PG-13 (battle scenes, sexuality) 125 min.

Sunday: GLORY ROAD

Thursday: TRISTAN & ISOLDE



Staff Sgt. Shirley Phillips

Test of strength

**Greg Blackburn, 354th MXS, attempts to bench press 225 pounds during the 2005 Bench Press Competition at the fitness center Saturday. Blackburn placed third in his weight class. The winners for each category were: Tyhae Willocks, 354th CES, 115 pounds; Johanna Jossie, 354th SVS, 95 pounds; Michael White, 354th LRS, 225 pounds; Matt Right, 225 pounds; Russell Storie, dependent, 275 pounds and Stefan Edinger, dependent, 275 pounds.**





HALL OF FAME

*The Hall of Fame is a program for group commanders to recognize Airmen for excellent job performance.*



**Staff Sgt. Michelle Hepner**  
*NDI Section Swing Shift  
Supervisor  
354th MXS  
Robinsdale, Minn.*

“As a new staff sergeant she already performs as a seasoned NCO by setting the standards to perform every task with excellence and pride. She demonstrated her technical expertise by identifying an abnormal iron tread on a TF-34 engine which she placed on surveillance and prevented the loss of a \$3.5 million asset.”



**Staff Sgt. Matthew McLain**  
*Liquid Fuels Maintenance  
Craftsman  
354th CES  
Homestead, Fla.*

“He repaired a Commercial Aviation Fuel Identification system by using all available resources and self-knowledge to correct multiple, mechanical deficiencies on out-dated equipment and he trouble-shot and replaced circuit boards that were damaged from faulty wiring. His superb impact allowed the Aero Club to fuel aircraft.”



**Senior Airman Rachel Sepulveda**  
*Clinical Adminstration  
354th MDOS  
Lusby, Md.*

“She has gone the extra mile repeatedly to complete assigned duties and assist others outside her work section. With her tenacity and hard work, she reduced medical record filing time from 72 hours, the AF standard, to less than 24 hours increasing efficiency by more than 60 percent.”

Good deals abound at Eielson Thrift Shop

by Tech. Sgt. William Farrow  
354th Fighter Wing Public Affairs

The Eielson Thrift Shop is more than just a convenient place to consign or donate used clothing, sports equipment, toys and household items. For the bargain hunter, the thrift shop is a place to find many great deals at bargain prices.

However, for various programs the thrift shop is a treasure providing funds to help the people, teams, clubs and organizations that make Eielson a community.

Consignment sales at the thrift shop are the primary source of income for the Eielson Officers’ Spouses Club welfare fund which according to Chris Garcia, EOSC publicity officer, made more than \$8,660 in donations to base, local and national charities and organizations so far this year.

According to Ms. Garcia, the EOSC made donations in excess of \$12,000 last year and anticipate total donations of more than \$20,000 to be distributed

during 2005-2006.

Recipients of the funds included the Ben Eielson High School tennis team, the base chapel, Anderson and Crawford Elementary School programs, Eielson Top 3 and the annual Eielson Air Force Ball.

Donations to the Thrift Shop are tax deductible for the donor and tax donation forms are available upon request. Anyone with a DOD ID card may shop and consign at the Thrift Shop.

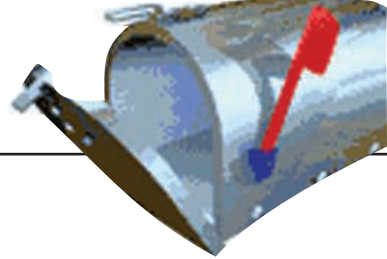
The Thrift Shop is located on the corner of Loop and North Street.

Currently, the Thrift Shop is open from 6-9 p.m. Tuesdays and 10 a.m. to 2 p.m. Thursdays. Mrs. Garcia said the hours of operation are limited due to a shortage of volunteers.

“Although managed by the EOSC, any DoD ID holder may volunteer at the thrift shop and we’re always seeking volunteers who are willing to donate any amount of time,” she said.

For more information about the Eielson Thrift Shop or to become a volunteer, call 377-5274.





**FOR OFFICIAL  
USE ONLY**

# Work center processes tidal wave of mail

by 2nd Lt. Bryon McGarry  
354th Fighter Wing Public Affairs

Like a hornet's nest hit by a wayward baseball, the office buzzes with movement and dialogue. Mounds of work marked "For Official Use Only" are broken down bit by bit, passed between workers, stamped and filed in their appropriate bins – each step checked over by the next in line to ensure security and accurate delivery.

The truck is loaded, the time-sensitive, mission-essential packages are delivered and another Monday is in the books. As the mountains diminish to mole hills and the buzz subsides, the pace slows enough for the 354th Communications Squadron Official Mail Center to reflect on a mission well done.

"It's a good feeling to get all that mail knocked out," said Staff Sgt Omar Aguilar, 354th Security Forces Squadron lead information manager and former mail center NCOIC. "But we get to do it all over again next week."

Sergeant Aguilar and his fellow 354th CS work group managers are ensuring every day that Eielson's official mail gets from point A to point B in a timely and secure fashion.

"We are the only people on base that work with both military and civilian mail carriers," he said. "We are the first line of defense on this base when it comes to the mail. Since 9-11 and the new threat of bioterrorism, we don't have to be in a war zone to say that we are fighting against terrorists that are trying to harm our fellow Airmen or families."

Airman 1st Class Adam Schiffer, 354th CS official mail carrier, likens the pace of mailroom operations to a tidal wave.

"We routinely process up to 400 pounds of incoming and outgoing official mail per day," he said. "We work like crazy on Monday and Tuesday and it gradually subsides throughout the rest of the week, though it never really stops."

The mail center can receive 50 to 100 boxes in a single day. Per week, they receive as much as 2,000 pounds of incoming and outgoing official mail and can process as much as 8,000 pounds monthly.

Airman Schiffer was given the unique opportunity to work in the mail center upon arrival at Eielson from technical training – an opportunity that his allowing him to

work toward his five-level at an accelerated pace.

"This is a great opportunity for new Airmen coming to Eielson, because it allows plenty of time to start and finish career development courses," he said. "It also gives us time to train on the various computer aspects of the job and know them before we go out to the various squadrons."

Incoming work group managers to the mail center typically spend about a year in the job before they head to whichever squadron needs them. With the majority of their preliminary training complete, the Airmen can focus more time and energy on their actual job.

"The squadron doesn't have to worry about their CDCs or on-the-job training," said Master Sgt Scott Leppert, 354th CS. "All they have to do is train the new Airman on the job that he or she is going to do in that squadron and they are ready to continue with the mission without any interruption."

The center is responsible for the distribution of all official mail for both the 354th Fighter Wing and 168th Air Refueling Wing; inspecting administrative communications received from action offices that are destined to enter U.S. Postal Service channels; and ensuring compliance with domestic and international mail requirements.

"We provide service for certified, registered, and express mail services when the mission requires such service," said Sergeant Leppert. "As cost-saving measures, we consolidate mail going to the same location and also provide pouch service to specific bases within Pacific Air Forces that receive large volumes of official mail. Finally, we receive and dispatch official accountable mail, to include certified, registered and express mail, through USPS or a designated carrier, such as FedEx, after applying postage or commercial bill of lading."

The center is also responsible for all sensitive mail items that require distribution to various locations on and off base, and are obligated to handle each piece of mail with certain protective measurements, Sergeant Leppert added.

Before Icemen start boxing up classified material in shoeboxes, Sergeant Aguilar cautions that mail must be properly packaged and labeled.

"Mail going off base, either to another base or civilian address, must have a re-

turn address and recipient's address on the package and both must be typed," he said. "Also, on the return address it must say 'OFFICIAL BUSINESS.'"

Members can't use Scotch tape to seal the envelopes or packages, only packing or brown tape, he added. And members don't need to put a stamp on the envelopes because the mail center staff does the "metering" in house. If stamps are on them, the items are not considered official business, unless the item is a prepaid envelope from a company.

Airman Schiffer doesn't see the hodgepodge of rules, forms, roller stamps and bins as a distraction to his career progression, but a unique opportunity to grow and learn.

"I've learned a lot already not only about this job, but my regular job, too," he said. "I'm actually heading to Comm. when I'm done here, and I'm excited to use what I've learned."



Photos by Airman 1st Class Justin Weaver

**Top right, Airman Apryl Modeste, 354th Communications Squadron Information Manager distributes mail into various unit mailboxes. Above, Airman Basic Brandon Hillman, 354th CS IM, prepares a package for delivery to one of the squadrons on base.**